



## KEEPING THE KIDS ACTIVE

Childhood obesity is a serious medical condition in which a child is well above the normal weight for his or her age and height. Fighting childhood obesity is particularly important because if untreated, your child may experience serious health problems such as: diabetes, high blood pressure and high cholesterol.

To reduce your child's risk, improve his or her diet and exercise habits. Below is a list of fun activities that will get your kids moving without feeling like they are being forced to exercise.

- Purchase a jungle gym for the backyard. Jungle gyms offer a lot of different exercise activity options. If you don't have the room in your yard, spend an afternoon playing on the jungle gym at your local park.
- Obstacle courses are a fantastic aerobic activity. If you get a group of kids to participate they can race!
- Enroll your child in a community sports league. If your child isn't interested in sports, try signing them up for lessons, such as: swim team, dance academy, gymnastics or karate.
- Get your child their first pair of wheels – bicycles, tricycles, scooters and roller blades. Rolling around the neighborhood or on a nearby trail is a fun activity that won't feel like exercise.
- Instead of prohibiting video games, encourage your child to play interactive games on the Wii.
- Have your child participate with you in a charity walk. This will also allow you to spend some quality time together.
- Set up a scavenger hunt throughout the neighborhood. Have the kids take a camera along with them and take pictures of them doing different activities (jumping rope, swimming a lap in the pool, etc.) at supervised locations.

*DON'T FORGET TO STRETCH!*